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She is a recognized psychologist expert with over 25 years of experience, and the author of the best-selling books Running on Empty: Overcome Your Childhood Emotional Neglect and Running On Empty No More: Transform Your Relationships With Your Partner, Your Parents & Your Children. More about Dr. Jonice Webb....

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Running On Empty is the latest book by Dr. Jonice Webb. Dr. Webb helps people overcome the exhaustion and pain of childhood emotional neglect (CEN) and heal.

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Running on Empty is the first self-help book about Emotional Neglect: an invisible force from your childhood which you can't see, but may be affecting you profoundly to this day. It is about what didn't happen in your childhood, what wasn't said, and what cannot be remembered.

Running on Empty: Overcome Your Childhood Emotional Neglect - Kindle edition by Webb, Jonice, With Christine Musello. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Running on Empty: Overcome Your Childhood Emotional Neglect.

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As a therapist, I have heard these words uttered many times by high-functioning, wonderful people who are unaware that Emotional Neglect was an invisible, powerful force in their childhood. This example offers only one of the infinite numbers of ways that a parent can emotionally neglect a child, leaving him running on empty.

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I hope you've found this review of Running on Empty: Overcome Your Childhood Emotional Neglect helpful and insightful. Please reach out if you think that you or someone you care for may have childhood emotional neglect. You can call us at (305) 501-0133 or click here to schedule a free 20-minute Clarity Consult to figure out your next step.

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Story. 4.5 out of 5 stars 87. Since the publication of Running on Empty: Overcome Your Childhood Emotional Neglect, many thousands of people have learned that invisible Childhood Emotional Neglect, or CEN, has been weighing on them their entire lives, and are now in the process of recovery.

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